

Episode Twelve

"Well, We Shall See You Soon"

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00.00

Channels May Change

grilled Ashmead's Kernel, peat treacle, "rich tea", hot Pernod.

01.14

Southern Winds

(sung by the Gloucestershire Youth Choir)

"heather & moss"

07.45

Keep Bouncing

"dancing" nutmeg, nectarine "creme", Battenburg cake, "Zebidee's trifle"

13.02

A Channels May Change Thank You

Waiter's Choice Pizza, followed by multicolour berries

20.37

Fyfe, It's Only Music

"late night pasta", 24-hour-shop Shiraz, "telly & sleep"